



Chicken and Dumplings

Chicken chunks, vegetables and herbed dumplings are cooked on the stove in 30 minutes! Makes 6 servings



African American
5 a Day

Nutrition information
per serving:

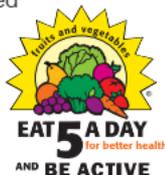
Calories:	240
Carbohydrate:	30 g
Protein:	21 g
Total Fat:	5 g
Cholesterol:	75 mg
Sodium:	480 mg
Dietary Fiber:	5 g

INGREDIENTS

2 1/4 cups canned low sodium chicken broth	2 cups chopped cooked chicken
1/4 cup water	1 teaspoon dried thyme
1 medium onion, peeled and chopped	3/4 cup prepared baking mix, divided
3 cups frozen fancy mixed vegetables	1/4 cup milk
	1 egg

PREPARATION

In a large stockpot combine chicken broth, water, onion, vegetables, chicken and thyme. Cover and bring to a boil; reduce heat and simmer for 15 minutes. Place baking mix in a small bowl. Remove 2 tablespoons and stir into stockpot. Add milk and egg to bowl and stir with a fork to blend. Drop rounded tablespoons onto hot stew. Cook over low heat, uncovered, for 5 minutes. Cover and cook for 5 minutes more. Season to taste with salt, if desired.



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